

Waldorf Chicken Salad

- 1 cup plain low fat yogurt
- 2 T roasted walnut oil
- 1 tsp yellow mustard
- 1 tsp agave nectar
- 1 lemon, freshly squeezed
- 1/4 tsp sea salt
- 2 cups grilled chicken, diced
- 1 cup celery, diced
- 1 Granny Smith apple, diced
- 1 cup red seedless grapes, halved
- 1/2 cup chopped walnuts, toasted
- freshly cracked pepper, to taste

In small bowl, whisk together yogurt, roasted walnut oil, mustard, agave nectar, lemon juice, and salt. In large bowl, combine diced chicken, celery, apples, grapes, and toasted walnuts. Add yogurt dressing and stir to combine. Season with fresh cracked pepper. Serve on flatbread or wrapped in Bibb lettuce.

Recipe by Garden Chef Megan McCarth



ATLANTA BOTANICAL GARDEN